4 WAYS TO TAKE CARE OF YOURSELF

1. Eat a healthy diet

Eating a nutritious diet gives you energy, protects against disease, and helps to maintain a healthy weight. Try to build fruit and and vegetables into your diet every day. Drink water throughout the day. Avoid fizzy drinks and sports drinks, which are often high in sugar.

2. Exercise

Try for 30 minutes a day of exercise. It doesn't have to be all at once—every minute counts! Make it fun by counting your steps with a pedometer or an activity tracker.

3. Get a good night's sleep

When you're well rested, you feel better, look better, and have more energy. Try to get the 7 or more hours of sleep a night that experts recommend.

4. Reduce stress

Stress affects health and wellbeing. Become aware of when you're exhibiting signs of stress and then focus on managing it. Get exercise. Practise relaxation techniques like mindfulness. Do things that make you feel good, from going for a walk to spending time with family and friends.

These tips were adapted from the article series *Taking Care of Yourself*.

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